

**Spruced up**

Historical society
volunteers give Custer
House Side B new look

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**League play
wraps up**

Chemical,
24th Infantry
Division teams
victorious

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Friday, March 4, 2005

America's Warfighting Center

Vol. 48, No. 9

**Kearney takes
new position**

Staff report

Brig. Gen. Frank Kearney, assistant division commander for support, with the 24th Infantry Division (Mech), will be leaving Fort Riley.

A departure ceremony was held March 3 at 4:30 p.m. on the Parade Field. He leaves March 8.

Kearney will assume a new post as commander of Special Operations Command Central Command, which is part of the U.S. Central Command based at MacDill Air Force Base in Tampa, Fla.

Kearney came to Fort Riley in October 2003 as the assistant division commander for maneuver.



Brig. Gen. Frank Kearney

**Around
The Army****Korea:**

The Pacific Stars and Stripes reported March 2 that servicemembers in Korea were angry about a sobering hike in beer prices near Camp Casey.

The clubs raised their beer prices from \$2 to \$3, almost at once. But they are not under South Korean government investigation because, an official said, no one has complained formally about the price hike.

For more on this story and other U.S. military news in the Pacific and European theaters, visit www.esrtp.com on the Web.

Fort Knox:

The Turret reported Feb. 24 that Fort Knox faces a \$28 million shortfall for fiscal year 2005. The garrison took measures to mitigate the shortfall but cannot cover the whole deficit, resulting in some serious changes to the way Knox is providing services.

Much of the contracted labor and services on post could cease to operate. Many aspects of life on post would likely be affected, including dining facilities, transportation, supply operations and administrative services that are provided at the One-Stop In-and-Out-processing Center.

For more on this story and other Fort Knox news, visit www.thewarrior.com on the Web.

Fort Bliss:

The Monitor reported Feb. 24 that medics on the post were testing their skills on a "Table VIII," also called the Semi-Annual Combat Medic Skills-Validation Test.

Laerdal Sim-Man patient simulators were used as mock casualties during the trauma scenarios.

"When the Soldiers give an I.V., I like to pump the bag so that the blood squirts for realism," said Pfc. Scarlett Rocha.

For more on this and other Fort Bliss news, visit www.lavenpublishing.com on the Web.

Policy may speed sergeant rank

Army moves to fill empty E-5 slots with some non-boarded specialists

By Gary Shepik

Army News Service

WASHINGTON — A shortage of sergeants in some specialties has prompted a new Army poli-

cy that means some corporals and specialists could be automatically promoted without a board.

Under the Army's semi-centralized promotion policy approved Feb. 23, all eli-

gible specialists and corporals with 48 months in service and a year in grade will be placed on a promotion list. Then, if a military occupational specialty falls beneath 100 percent

strength at the E-5 level, some Soldiers on the list will be automatically promoted.

The new policy could potentially affect about 19,000 corporals and spe-

cialists currently in the active component, according to Army personnel officials.

"Are we taking away a commander's authority? Absolutely not," said retired

Sgt. Maj. Gerald Purcell, G1 personnel policy integrator for enlisted professional development.

Commanders will have

See Sergeants, Page 3

No 'tracks'

Tankers try 'life' as foot Soldiers

By Jay Baker

Public affairs intern

Tankers of 1st Battalion, 34th Armor, trained like infantrymen Feb. 22-25 to prepare for a different kind of mission in Iraq.

"On their last deployment to Iraq September 2003 to September 2004, their mission was dismounted patrols," said Lt. Col. Mike Higginbottom, battalion commander.

Reorganized with a mechanized infantry unit, 1st Bn., 34th Armor, provided security during one of their atypical missions in Iraq, he said.

When the battalion returned from Iraq late last year, all its tanks were sent for upgrades. The battalion receives new tanks later this year, the battalion commander said.

Unit commanders know that they need to be flexible and prepared for any mission, so they train their Soldiers for more than armor missions.

The unit prepared for their next deployment last month by conducting Centurion Stakes, a four-day competitive exercise that included a physical training test, land navigation, a 10-kilometer road march and evaluations of each platoon's reaction to an improvised explosive device and a sniper, said Cpt. Jeffery Jurand, battalion operations officer.

Capt. Nick Ayers commanded Company B in Iraq last year and participated in last month's Centurion Stakes.

"You have a different set of problems with dismounted patrols. An armor platoon leader has four tanks. Therefore, moving, communicating and controlling the element are relatively easy tasks," Ayers said. "On a dismounted mission, you have to rethink everything: what to carry, what you need and the physical challenge," he said.

When you are on a tank, you seem invincible because of the firepower and the 70 tons of steel backing you up, Ayers said. During Centurion Stakes, the armor Sol-



Post/Baker

Spe. William Stewart, a combat medic with HHC, 1st Bn., 34th Armor, evaluates a mock casualty and administers first aid while observer/controller Sgt. 1st Class John Anderson looks on during the battalion's dismounted patrol training Feb. 23.

See Tankers, Page 2

IED kills field artillery Soldiers

Staff report

Two Fort Riley Soldiers were killed in an improvised explosive device attack in Taji, Iraq, Feb. 25.

The Soldiers were assigned to Battery B, 4th Battalion, 1st Field Artillery, 3rd Brigade, 1st Armored Division.

Killed were Spe. Colby M. Farnan, 22, of Weston, Mo., and Spe. Jason L. Moski, 24, of Blackville, S.C.

Farnan was assigned as a field artilleryman. He joined the Army in August 2002 and had been stationed at Fort Riley since March 2003.

Moski also was assigned as a field artilleryman. He also joined the Army in August 2002 and had been stationed at Fort Riley since January 2003.

Both Soldiers deployed to Iraq in February 2005.

A memorial service for the Soldiers will be conducted at 11 a.m. March 4 in Morris Hill Chapel. About 4,150 Fort Riley Soldiers are deployed to support Operation Iraqi Freedom. This incident brings the number of Fort Riley Soldiers who have died while serving in support of Operation Iraqi Freedom to 46.



Spe. Jason Moski



Spe. Colby Farnan

Donated tools ease vet's return to workforce



Post/Heronemus

"Should I just tear the ribbon off," asks Alfred Kalous, a former Fort Riley Soldier wounded in Iraq and now an employee with Lear Siegler Services, a government maintenance contractor at Fort Riley.

Riley employee benefits from assistance

By Mike Heronemus

Editor

The disabled veteran of Operation Iraqi Freedom smiled, thanked everyone involved and eventually ripped off the ribbon adorning a bright red toolbox that will hold about \$13,000 worth of donated tools.

Medically retired Sgt. Alfred Kalous gave his loyalty, infantry skills and half of his left leg to the Army and the nation. Afterward, the nation he served refused to turn its back on the former Fort Riley Soldier. On Feb. 22, it showed its gratitude once again

for Kalous' service and personal sacrifice.

"Today is a celebration of the partnerships between state and federal initiatives" to help disabled veterans successfully return to the civilian workforce, said Kansas Secretary of Commerce Howard Fricke at the ceremony outside Building 8330 on post.

The cooperative effort to help Kalous strive for a successful life after being wounded by a roadside bomb began while he was in physical therapy at Walter Reed Army Medical Center in Washington, D.C. A representative of a new federal program, REALLife-

lines, contacted Kalous and referred him to Frank Catalo, the program's Disabled Veteran Outreach Person in Manhattan, Kan.

Kalous' family was living in Manhattan while he was stationed at Fort Riley and then deployed to Iraq. He was injured while patrolling in an open "Humvee" not fitted with added armor protection. The blast that hit the "Humvee" killed two members of his patrol.

Catalo assessed Kalous' needs, skills and interests and matched them with the needs of an inter-

See Tools, Page 3





Post news in brief

Post to conduct security drill

Fort Riley will conduct a post-wide security exercise March 15-16. Additional security personnel may be positioned around key buildings and facilities on post, and additional inspections may occur at access control points.

Chaplains plan sunrise service

Fort Riley's annual Easter sunrise nondenomination worship services will take place from 6:30 to 7:30 a.m. March 27 at the Outdoor Chapel off 1st Division Road.

Guest speaker for the service will be retired Maj. Gen. Orris Kelly, a former chief of chaplains now living in Manhattan.

The worship service will be followed by a continental breakfast served at the Outdoor Chapel site.

DES staff slates month's training

The Directorate of Environment and Safety has scheduled the following training courses during March:

Environmental Team Training: Environmental Team training certifies environmental team leaders and members in how to handle hazardous materials and waste handling and spill responses at the unit level. Leaders and team members must attend this course within 60 days of appointment.

Class begins at 9 a.m. each day, March 7-8 and March 21-22, in Room 6 of Building 407. The course lasts two days.

Environmental Team Training Refresher: Annual refresher to the Environmental Team training course.

Class starts at 9 a.m. March 15 in Room 6 of Building 407. The class lasts 2 1/2 hours.

Battery Hazard Awareness Training (Code Name Lithium): Code Name Lithium course is designed for key personnel who in their course of duty receive, store, issue and then transport lithium batteries

for disposal. This course includes training on the characteristics and hazards associated with the various types of lithium batteries used on Fort Riley.

This course includes training on health, safety and personal protective equipment. It is highly recommended by the Communication and Electronics Command.

Class starts at 10 a.m. every Wednesday in March in Building 1930 at Camp Funston. This class lasts one hour.

For information or to enroll in a class, call 239-0446 or check with battalion schools noncommissioned officers.

Army seeks new warrants

The U.S. Army is looking for highly motivated Soldiers, Marines, Sailors and Airmen to fill its warrant officer ranks.

Positions are open in all 41 active duty warrant officer specialties, and the following are experiencing critical shortages:

- Military Intelligence
- Special Forces
- Food Service
- Criminal Investigation
- Airdrop Systems Technicians.

Applicants with less than 12 years active federal service are encouraged to apply.

For more information visit : www.usarec.army.mil/warrant on the Web or call DSN 536-0328/0466/0271/1860/0458/0484. The toll free number is (800) 223-3735, extension 6 and the last four digits of the phone number.

Training offered security staffs

The Security Division, Directorate of Plans, Training, Mobilization and Security, will sponsor a two-day S2 and Security Managers Course from 8:45 a.m. to 3:30 p.m. May 9 and 10 in the Civilian Personnel Advisory Center classroom in Building 319.

The course is for unit S2s and all security managers.

For more information or to register, call Jerry Donker at 239-6322.



Post/Baker

Tankers of 1st Bn., 34th Armor, train in road march procedures, making the most of their training time while waiting on the delivery of upgraded tanks following their recent return from Iraq.

Tankers

continued from page 1

diers were without the extra security of their tanks and on foot. They prepared for the Stakes with a week of common task and physical training.

Each platoon marched six kilometers to the training site. The temperature had cooled to 35 degrees Fahrenheit, but the Soldiers arrived drenched with sweat.

At the command post, the platoon leader received an updated operations order while the Soldiers rested in place.

The platoon's new mission: clear an intersection of an IED.

Staff Sgt. Cory Kozielski, platoon sergeant for Co. B's 1st Platoon, said, "We had to react to an IED every day in Iraq. They do it

to test you and watch your technique. We know what to do if we see a guy with an AK, but there is no defense to an IED, so we need to practice."

When Soldiers come across an IED, Army doctrine says to call explosive ordnance disposal specialists and secure the area so no one gets hurt if it explodes. However, units have been known to destroy IEDs on-site by shooting it with .50-caliber rounds, Jurand said.

Jurand developed the battalion's IED training using information from the Center for Army Lessons Learned Web site www.call.army.mil. He required the battalion's Soldiers to follow Army doctrine regarding IEDs.

Kozielski watched each Soldier's muzzle awareness too, ensuring they knew where their weapon was pointed and whether any was pointed at them.

"We are not used to carrying live bullets. I know of Soldiers who were shot in the foot and had other accidental discharges," Kozielski said.

During the four-kilometer patrol, each platoon was evaluated on 16 tasks, including movement under fire, handling enemy

personnel and equipment and traffic control point operations.

The platoon used their black and grey list at the traffic control point to identify suspicious personnel who often blend in with the population in Iraq. Soldiers with experience in Iraq opposed the platoons and harassed them during their mission with ambushes and by evading questions at the traffic control points.

Centurion Stakes included pistol qualification and reflex firing training at the Engagement Skills Trainer on post. The EST is a 10-person battle simulator that records firing accuracy from non-standard positions that Soldiers often find themselves using in Iraq.



Post/Baker

1st Lt. Joseph White (left) and Sgt. Travis Wilson stop to call in and give an update to higher headquarters. White and his platoon reacted to an ambush during a dismounted patrol Feb. 25.

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Post news in brief

Hospital adds advice line

Irwin Army Community Hospital plans to add a Nurse Advice Line as a service to Fort Riley Soldiers and families. Beginning March 8, Soldiers and family members can call for advice or health information by dialing 239-DOCS (3627) or toll free (888) 239-DOCS (3627). Callers should follow the automated instructions to connect to an Advice Nurse.

The Nurse Advice Line will be available 7 a.m. to 11 p.m. weekdays and 9 a.m. to 9 p.m. on weekends and holidays.

The Advice Nurse can help with determining when the caller needs to be seen by a physician, medication use and side effects, symptom management and information about medical procedures and diseases, among other things. Questions regarding concerns during pregnancy will be directed to an Advice Nurse in the obstetrics clinic.

Program offers team classes

Four Army Family Team Building classes will be offered at the Armed Services YMCA, 111 E. 16th St., Junction City, from 11 a.m. to 2 p.m. March 4.

Those classes will be "Military Terms, Acronyms, Customs and Courtesies," The Chain of Command and the Chain of Concern," Introduction to Military and Civilian Resources" and Benefits, Entitlements and Compensation."

Two team building classes will be offered from 6:30 to 8:30 p.m. March 16 at the Soldier and Family Support Center on post.

Those classes will be "Political Issues and the Army" and "Effective Public/Media Relations."

For more information about Family Team Building classes at the ASYMCA and the Soldier and Family Support Center, call the Soldier and Family Support Center at 239-9435.

myPay eases pay transactions

The Defense Finance and Accounting Service implemented the myPay web-based system in March 2000.

myPay delivers pay information and lets servicemembers and federal employees process pay-related transactions timely, safely and securely.

The Web-based system reduces the risks of identity theft associated with postal delivery by allowing members to access electronic 1099R forms and other financial information. myPay matches industry standards for the highest level of encryption and security to protect myPay users.

Any eligible person without a PIN (personal identification number) for accessing myPay can obtain one via e-mail by clicking on the New PIN button on the myPay Web site.

A temporary PIN will be e-mailed to the requestor's official e-mail address.

For more information about myPay, call the DFAS contact center toll free at (800) 390-2348.

For information regarding 1099R forms, call (800) 321-1080.

Damage claims due by 70 days

Soldiers must submit claims for household goods shipment damage on DD Form 1840R (pink) to the Fort Riley claims office within 70 days of receiving their shipment, or the amount allowed for damage may be greatly reduced, according to representatives of the post's Staff Judge Advocate's Office.

The completed claim packet must be submitted within two years after delivery.

The claims office is located in Room 106 of Patton Hall, Building 200.

For more information, call 239-3830 or 239-2633.

Tools continued from page 1

ested employer, Lear Siegler Services. Lear Siegler has been a government maintenance contractor at Fort Riley for several years and added Kalous to its workforce Jan. 19.

"Eighty-five to 90 percent of our workforce are vets with disabilities and without," John Neis, the Lear Siegler site supervisor at Fort Riley, told a reporter for the Manhattan Mercury newspaper. The company employs about 300 people at Fort Riley.

Before Kalous could go to work, however, he needed the tools to work on the vehicles he would be fixing — vehicles that would be returned to service with Fort Riley units going to Iraq.

MAC Tools stepped in to meet that need when T.P. O'Mahoney, chairman of the President's National Hire Veterans Committee, called the company and asked for help. "You were there for us. Now we want to be there for you," said Roger Spee, director of marketing for MAC Tools, at the Feb. 22 ceremony.

Besides thanking Kalous for his service and sacrifice, U.S. Assistant Secretary of Labor Frederico Juarbe, suggested that

the ceremony cast a vision about veterans succeeding in the 21st century workforce and about the country's government working to make sure severely wounded veterans can succeed in the civilian workforce.

"Speaking for myself, they've always been there to help out," Kalous said about the support and assistance given by the Army, federal and state agencies and veterans organizations.

He added quickly that his wife, Shari, from Wichita, has been his biggest support and inspiration. Shari acknowledged the compliment but added that Kalous has always been positive about life.

Apparently a man of few and carefully chosen words, "I'm happy here," Kalous said about being in Manhattan and working for Lear Siegler.

While he was growing up in California, working on cars and trucks with his father was his hobby, Kalous said; so, he enjoys working on "Humvees" and other wheeled vehicles at Fort Riley.

Thinking about what the future holds for him, Kalous paused and then said, "I'm still working on it."

Sergeants continued from page 1

the ability to remove a Soldier from the Sergeant Recommended List, Purcell explained, if a Soldier is not trained or otherwise unqualified.

There will be a 15-day window after the automatic promotion list is generated for commanders to remove names.

"If a Soldier should truly not be a sergeant," Purcell said, "then commanders should stop it." But, Purcell went on to say that in units with E-5 shortages, many special-

ists are doing the job of a sergeant and deserve to receive the pay and recognition.

Even under the new policy, Purcell said most promotions to sergeant will still go to those who appear before a promotion board.

"The only time anyone is automatically promoted is when all Soldiers who have gone through (board) procedures are promoted and the MOS is still not 100 percent for the E-5 grade," Purcell said.



Post/Baker

Members of a 1st Brigade flag detail take down Old Glory during a formal retreat ceremony near the brigade's headquarters on Custer Hill. Members of the detail included Sgt. Dean Ryein, Specs. Kedelal Remengesau, Jamal Jones, Roger Dugan, Edris Nuridin, Julian Martin and Pfc. David Hottinger.

Brigade recalls history

By Jay Baker

Public affairs intern

Soldiers of 1st Brigade, 1st Infantry Division, stood in formation as Old Glory waved in the breeze, listening as Brigade Commander Col. Bart Howard spoke Feb. 24 about the brigade's role on the first day of Operation Desert Storm — Feb. 24, 1991.

On that date, Soldiers in the 1st Brigade, many of whom had never experienced combat, launched their attack on G-Day (ground day) with a combined arms task force against the world's fourth-largest army, Howard said.

By the end of the day, the assault had destroyed the 110th Iraqi Brigade.

The battle continued the next day, but the significance was that the Army had decidedly won the first day's battle in the war, Howard said.

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Cooks to serve 'wedding'

By Austin Meek
Staff Writer

The Fort Riley culinary arts team is cooking up something good.

Twelve Fort Riley Soldiers will be competing in the 30th annual U.S. Army Culinary Arts Competition March 4-18 at Fort Lee, Va. Sgt. Brian Brooks, captain of the post's culinary arts team, said the competition draws attention from the entire cooking community.

"The guys that are judging us are professional chefs," Brooks said. "I don't know if they're doing it this year, but the competition has been televised on the Food Network."

One event will require the team to prepare a buffet table with a variety of dishes.

The team must prepare hors d'oeuvres, appetizers, desserts and three three-course meals to go along with the table's theme.

"The theme that we came up for (the buffet table) is 'A Wedding For All Seasons,'" Brooks said. "Of course, with a wedding you have to have a wedding cake. Also, we've got two or three other centerpieces."

Sgt. Shannon Schriner is preparing one of the centerpieces. Schriner's centerpiece is a wedding chapel made of pastillage, a mixture of powdered sugar and gelatin.

Schriner said his centerpiece will have many of the features of a real wedding chapel.

"I'm going to make stained-glass windows. I'm going to use sugar and cook it down and then add a little food coloring."

Schriner also will compete in the senior chef of the year event.

"Senior chef of the year is a real intense event," Brooks said. "It's kind of like 'Iron Chefs.' They give you a mystery basket and you have four hours to prepare a four-course meal."

Brooks said there are some impressive perks that go along with winning the senior chef competition.

"Previously, the senior chefs

got sent to France for a month," he said. "The Army paid for them to go to France and study at a culinary institute. Some of the previous senior chefs for the Army have appeared on the 'Today Show.'"

Spe. Josh Spiess will compete in the junior chef of the year competition. He also will prepare a vegetarian three-course meal for the buffet table. "A lot of people are afraid to cook the vegetarian meal because it's hard to get good flavors with vegetables," Spiess said. "I picked up just for the challenge."

Master Sgt. Leroy Heyward III serves as coordinator and administrator for the culinary arts team.

Heyward said the program allows Soldiers to gain useful skills in the culinary arts.

"We try to train the Soldiers in food service knowledge that they normally won't get in a dining facility. They'll be able to use that knowledge in the outside world," Heyward said.

To prepare for the competition, the team has spent the past month doing a cooking workshop.

"What we try to do in the workshop is teach the basics - the vocabulary, the cuts," Brooks said.

Because Fort Riley's team had only a month to prepare, the team carries a disadvantage into the competition against other installations, Spiess said.

"Some other installations will practice five months before they go and compete," Spiess said. "We're getting started a little late because of all of us just getting back (from Iraq)."

Another disadvantage is the fact that many members from last year's team are currently in Iraq.

"The majority of (last year's) team was made up of (2nd Battalion, 34th Armor), which is now in Iraq," Brooks said.

Despite these challenges, Heyward believes his team can do well at Fort Lee.

"We'll give 110 percent," he said. "We're going to put our best foot forward."



Post/Meek

Sgt. Brian Brooks, Fort Riley's culinary arts team captain, places his salmon appetizer on the table during a preview of the annual culinary arts competition this month.

Culinary Arts Team

Master Sgt. Leroy Heyward III, 24th Infantry Division (Mech), team administrator

Staff Sgt. Victor Cabrera, Headquarters and Headquarters Company, 1st Battalion, 16th Infantry, team manager

Sgt. Brian Brooks, Headquarters and Headquarters Company, 1st Brigade, team captain

Sgt. Shannon Schriner, Headquarters and Headquarters Company, 937th Engineer Group

Sgt. Erica Vega - 300th Military Police Company

Spe. Josh Spiess - Headquarters and Headquarters Company, 1st Engineer Battalion

Spe. Phillip Caddy - 331st Signal Company

Spe. Yi Zhang - Service Battery, 1st Battalion, 5th Field Artillery

Pfc. Justin Jesmok - 300th MP Co.

Pfc. Elizabeth Davis - 82nd Medical Company (Air Ambulance)/568th CSE

Pvt. Daniel Toy - HHC, 1st Bn., 16 Inf.

Pvt. Thaddeus Menter - 300th MP Co.

Pvt. Richard Lane - 300th MP Co.

AKAL guards train

By Christopher Selmek
19th PAD

AKAL civilian security officers contracted to help safeguard Fort Riley fired 9 mm handguns the week of Feb. 16 as part of their annual training requirements.

All AKAL employees are required to shoot Glock model 17s to the same qualification standards as military police officers in order to work the entrance checkpoints at Fort Riley.

"Everybody has to qualify; if they don't, they can't work the gate," said Program Manager Jim Kenoyer.

Since the company began pulling gate security at Fort Riley last year no guard has needed to draw his or her weapon, but the potential for such an incident is always present in their profession, Kenoy-

er said.

"It's possible," he said. "This is still a very important part of the program. If we're going to issue handguns, we need to know how to fire them."

Members of the AKAL security force practice shooting with their strong and weak hands, behind barriers and in prone and standing positions. They also qualify on targets seven, 15, 25 and 35 meters away - the same standards expected of military police officers.

"We also have an annual physical fitness test, and we have a physical once a year," Kenoyer said.

"Our qualifications are very similar to what Soldiers have to go through, and it makes sense if we're going to be protecting your base," he said.

AKAL provides security for eight Army installations within the United States.

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Commentary

Friday, March 4, 2005

Fort Riley Post

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Riley Roundtable

This week's question:

What has been the best advice you've received on how to make the best of Army life, and what advice would you give?



"Be strong. I'd recommend people stay busy, make friends, talk to people and keep a good attitude. Smoke a cigarette once in a while and take an occasional drink."

Spc. Liliana Alcazar
Small arms repair
125th Forward Support Battalion
Home: Thomasville, N.C.



"The best advice I've gotten is to take it one day at a time. After being an Army spouse for nine months, I can say that's good advice."

April Blount
Army spouse
Home: Bowlegs, Okla.



"It takes just as much time to look at the negative side of things as it does the positive side. So, keep a positive attitude and always strive to be the best."

Retired Sgt. 1st Class Scott Miller
Maintenance supervisor
Russell Stover Candies
Home: Abilene, Kan.



"After four years active and 20 years Reserve time, I'd say just take it one day at a time. That's what I remember someone telling me when I was a Pfc. in Germany. Make the best of each day because you'll never get that day back."

Master Sgt. Connie Wallace
Task Force Dependable Watch
3rd Brigade, 75th Division (TS)
Home: Blue Springs, Mo.



"I can't recall anyone giving me recommendations on that. I would recommend you get what you can from the Army, take advantage of as many opportunities as you can and just have fun and enjoy it."

Sgt. Wesley Westbrook
Operating room technician
Irwin Army Community Hospital
Home: Catskill, N.Y.

Next week's question:

What is the best way to offer support for military families who Soldiers are deployed?

Opinions may be e-mailed to the editor at mike.heronemus@riley.army.mil or faxed to the editor at 239-2592. Opinions must reach the editor by close of business Tuesdays to appear in the following Friday's paper. Late arrivals will be printed in later issues.

By Jim Garamone
AFPS

HUTCHISON, Kan. - Patience and resolve were the messages Air Force Gen. Richard B. Myers, chairman of the Joint Chiefs of Staff, brought to the heartland Feb. 24. Myers spoke as part of the Ray and Stella Dillon Lecture Series at Hutchison Community College.

The chairman told his fellow Kansans that Americans must be patient to win the global war on terrorism. He said that in his readings on American military history, the longest successful campaign against an insurgency was 12 years. The shortest was seven.

"These are long struggles," he said. "Does it have to be that long in Iraq? Not necessarily." He said that the insurgents do not represent the Iraqi people.

"(The Iraqi people) not only put their ink-stained fingers in the air on election day, they stuck them right in the eyes of the insurgents and said, 'We want freedom. We don't want you,'" he said.

Resolve also is a key message to Americans, Myers said. The United States has the military, economic and political will to win against terrorists.

There is a long-term plan to deal with the threat. But the American people must supply the resolve and be prepared for the sacrifices necessary to win, the chairman told the audience.

He contrasted today with the American experience during World War II. In the 1940s, everyone was involved with the war effort. Americans joined the military,



Gen. Richard Myers

was to make a statement," the chairman said.

Americans must show that same resolve because the enemy just flat wants to eliminate democracy and freedom from the world, the general said.

"At stake here are two opposite and incompatible visions for the world," he said. "Tolerance, democracy, freedom, justice and hope on the one hand, and intolerance, repression, tyranny, violence and fear on the other," he said.

He quoted from a letter written by al Qaeda leaders: "We have declared a bitter war against the principle of democracy and all those who seek to enact it."

Myers told the audience the struggle against terror comes down to this question: "What kind of a world do we want to leave to our children and our grandchildren?"

The nation's top military officer said the war on terror is more of a struggle than most Americans realize.

He said the enemy is much more determined than most. Americans can imagine, and it is a different type of enemy. The enemy does not wear uniforms, it doesn't adhere to the rules of war. It deliberately tar-

gets innocents in its campaigns, he said. "What they are trying to do is create fear," he said. "In this endeavor, failure is not an option, and we won't fail as long as we keep our resolve," Myers said.

The chairman said the American effort against terror consists of three pillars:

The first is to defend the homeland. The military helps in defending the airspace and the sea approaches, but ultimate responsibility lies with the new Department of Homeland Security.

He told the audience that if al Qaeda could get its hands on more lethal weapons, the group would not hesitate to launch another strike against the United States.

The second pillar is to defeat and disrupt terrorist activity around the world. The military plays a lead role in this, along with intelligence agencies. Myers said American servicemembers are on duty in Iraq, Afghanistan and the Horn of Africa actively seeking out terror cells and destroying them.

In other countries - the Philippines and Colombia, for example - the United States is working to help the nations build their own forces to combat terrorism.

In still other nations, U.S. personnel are working to shore up alliances and glean intelligence.

The third pillar is the "toughest and most important," the chairman said. That is addressing the causes of terrorism, and many agencies have pieces of this pillar.

The United States must work with allies to "create a world that doesn't tolerate terrorism," he said. Young men

and women in poorer countries have to have the social and economic choice for a better future. Conditions in these nations cannot drive people into joining jihad, he said.

In Iraq and Afghanistan, this effort is progressing. But much of what must be rectified is in people's minds and not just an infrastructure.

"Over the decades, what Saddam Hussein really did was devastate the spirit of his people," Myers said. "He taught them hopelessness and helplessness. Anyone who showed initiative in that regime was beaten down pretty quickly."

And the Taliban sought to do the same in Afghanistan. That's why the performance of both peoples in the recent elections was so important, Myers noted.

In Iraq, the security forces performed "very well," the chairman said. The soldiers and police gained new confidence in their abilities and in the support of the people of Iraq.

The new Iraqi government and the coalition must capitalize on this moment to train new security forces and, in a secure environment, rebuild the infrastructure of the country.

"We will win when the Iraqis can take the fight to the insurgents themselves," Myers said.

"We're not there yet. Our goal is to get Iraqi forces stood up." The chairman said that since the return of sovereignty to Iraq, more than twice as many Iraqis have been killed or wounded than U.S. personnel.

America is making progress in the war, and will continue as long as Americans are patient and resolved, the chairman said.

Command message

Month offers time to reflect on change

Women's Month is celebrated March 1-31 throughout our nation. The theme for the observance is "Women Change America."

On March 23 March from 11:45 a.m. to 12:45 p.m., the Equal Opportunity Office will sponsor a free program in celebration of Women's History Month.

This event will take place at Riley's Conference Center and is open to all Soldiers, their families and civilian employees.

I encourage everyone to participate in activities supporting this annual celebration that highlights and honors the struggles, accomplishments and ongoing essential contributions made to our country.

During this celebration, the Equal Opportunity Office can offer ideas and resources to assist in developing observances and

displays or giving cultural awareness classes.

Commanders and supervisors are encouraged to provide support to personnel who plan to conduct, promote or attend planned observances commensurate with mission and training requirements.

The Equal Opportunity Office in Building 307 should be contacted before conducting activities related to this observance.

This information is used to highlight Fort Riley's continued support of the contributions and accomplishments of Women in American.

The point of contact for assistance and feedback is the Equal Opportunity Office at 239-8433.

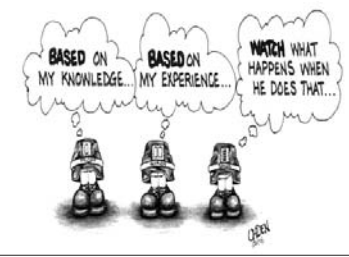


Maj. Gen. Dennis Hardy

Maj. Gen. Dennis Hardy
Commanding General
24th Inf. Div. (Mech)
and Fort Riley

Grunt By Wayne Ulden

THREE OF THE MOST DANGEROUS STATEMENTS IN THE ARMY:



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Publisher-Maj. Gen. Dennis Hardy
Public Affairs Officer-Maj. Jeffrey Buczkowski
Command Information Officer-Gary Skidmore
Printer-John G. Montgomery
Fort Riley Editorial Staff:
Editor-Mike Heronemus
Staff writers-April Blackmon, Austin Meek, Jay Baker
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Circulation 8,800 copies each week
By mail \$20 per year
A licensed newspaper member of the Junction City and Manhattan chambers of commerce

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What are your concerns or suggestions for improvement?

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Area, post leaders brief Lt. Gov. Moore on brigade

By Sam Robinson
Asst. MR Officer

Community leaders and state officials came to Fort Riley Feb. 24 to update Lt. Gov. John Moore on preparations being made in the area to accommodate the 3,400 Soldiers that will comprise the 6th Brigade, 25th Infantry Division.

Col. John Simpson, Fort Riley garrison commander, reviewed the projected number of Soldiers and family members being added to the post. The timeline and possible issues surrounding the 6th Bde.'s arrival were also discussed.

Simpson said that about 1,950 families, with an average of 2.5 dependents per family, will add roughly 4,800 family members to the area.

He said the increased number of Soldiers on post, along with their families in the surrounding communities, could pose issues for traffic, schools, health care and housing.

Simpson said Fort Riley officials have been meeting with area city managers, developers, financial representatives and property managers to address housing issues.

Steve Weatherford, director of Kansas Development Finance Authority, provided an update on state initiatives to

help with the shortage of affordable housing in the area. He said that there are some tax credits available to developers.

"The issue in this area deals with income limitations," Weatherford said. "If developers get certain tax credits, that limits the income for people wishing to qualify for the housing."

Providing the public with current, accurate information was a prime concern for Weatherford. "People need to know what's available. If they don't know about it, it doesn't do much good to offer it."

Geary County Unified School District 475 Superintendent Ron Walker and Riley County U.S.D. 383 Superintendent Sharol Little provided an update on school issues discussed during a Feb. 2 meeting that representatives from 16 school districts attended.

Walker said staffing issues are at the top of school districts' lists.

"If Soldiers come in mid-year and bring children with them, we have to find a place for them," Walker said, "but we won't wait until January next year to hire teachers. We need to do that soon, very soon."

Revising the way Kansas uses Impact Aid funds would help, Walker suggested. The proposed second count date for

schools affected by the influx of Soldiers would also be beneficial.

"All Fort Riley area school districts stand ready to provide a quality education," Walker said. "We will continue to collaborate and prepare to do whatever it takes to support Fort Riley."

Steve Kelly of the Kansas Department of Commerce briefed the group on issues related to the area's workforce.

Simpson added that about 1,200 civilian positions will be created on post with the addition of the new unit of action.

A shortage of qualified workers in the construction field is one of the critical issues, Kelly said. He acknowledged that communities have been meeting to discuss how new workers can be attracted to the industry.

"We don't want to bring developers in from outside the area," Kelly said, "but we need to meet the need for housing and new facilities in a short time. Getting new workers and keeping them here is a priority."

Transportation and traffic issues related to Kansas Highway 18 and other highways surrounding Fort Riley were discussed by David Comstock of the Kansas Department of Transportation. Comstock also provided projections for updating the flow of traffic through Ogden.

Hardy urges community support

By Sam Robinson
Asst. MR Officer

Maj. Gen. Dennis Hardy, commanding general of the 24th Infantry Division (Mech) and Fort Riley, commented on Fort Riley's role in the war on terrorism during a radio interview Feb. 17.

He also addressed how the Army's re-structuring process is affecting Fort Riley.

"Fort Riley has deployed 30,000 Soldiers during the past two years, all over the world," Hardy said. "Approximately 18,000 have been active duty, some of which are now on a second rotation to Iraq."

Hardy encouraged the public to attend deployment and return ceremonies on post.

"We can't do this without you, without the community," he said. "The support the communities have shown to our Soldiers and families is greatly appreciated."

Hardy acknowledged that the heightened level of training and deployments has stressed Soldiers and families. The post offers as much support and as many services as possible, but it is the sense of community that really has an impact, he said.

"We are transforming to meet current and future force structure needs," Hardy said about the arrival of new Soldiers this year and next.

"This will have a huge impact on the area," Hardy said. "Construction is one of the immediate requirements. In addition to on-post barracks and structures, there is a need for family housing in the area."

Hardy said that family housing is needed because there is not enough housing on post.

In the short order, we need 1,900 sets of quarters for these Soldiers and families."

"Everyone is talking about housing, but we also need to be aware of issues like education

and childcare," he said. "I feel good about the level of cooperation and coordination we have here."

Hardy said that he thinks morale is high and Soldiers are just as dedicated as ever. He cited the recent elections in Iraq as a morale booster for Soldiers serving in support of Operation Iraqi Freedom.

"The Soldiers feel like they are a part of something much larger than themselves, like they are truly a part of history," Hardy said.

"Our Soldiers and families are committed. This is a veteran force, and they understand the mission," he said.

But, "community support is so important," Hardy concluded. "It gets a little emotional to walk into a business and see a 'we support the troops' sign, or a yellow ribbon. We know we are supported by the communities and we are so thankful for that."

Dr. Diane Mason (right), a clinical assistant professor in anesthesiology, and Adam Carter, a student at the Veterinary Medical Teaching Hospital, administer anesthesia to Ike for his surgery. Ike, a paint quarter horse with the Commanding General's Mounted Color Guard at Fort Riley, had surgery on his injured right front foot Feb. 16.

KSU Veterinary Training Hospital photo



Ike recovers from surgery

KSU hospital staff operates on mount's leg

By Cassidy Hill
Asst. Com. Rel. Officer

Soldiers in the Commanding General's Mounted Color Guard have been working without one of their troopers.

Ike, a 13-year-old paint quarter horse, injured his right front foot in early January. Capt. Cayla Slusher, the color guard's commander, said the Soldiers tried to treat Ike's injury but had little luck.

"We gave him a tetanus shot and a week later, when things weren't better, we took him to KSU," Slusher said.

Slusher said the Kansas State University Veterinary Medical Teaching Hospital took an X-ray of Ike's foot. The X-ray revealed that he had a chip in his pastern bone.

"The pastern bone, which is down near the hoof, is a major weight- and shock-bearing bone," Slusher said.

She explained that the CGMCG Soldiers again tried to treat Ike's bone chip by injecting him with a steroid to alleviate the pain and reduce the swelling with the hopes that it would heal on its own.

A week and half later, when his foot was still not better, the Soldiers took Ike back to the Veterinary Medical Teaching Hospital

for a second set of X-rays, Slusher said.

Slusher said the second set of X-Rays showed that the damaged bone was deteriorating. Slusher said she was faced with two options — put Ike down (euthanize him) or do surgery on his leg.

Capt. Michael Hansen, chief of the Fort Riley Veterinarian Branch, said if the mounted unit did not treat Ike, the likelihood of him healing would be slim to none.

"The second X-ray revealed that the joint was not improving, and the option was surgery," Hansen said.

Dr. Carolyn Arnold, assistant professor of equine surgery at KSU, brought 12 veterinary students to the Fort Riley stables to discuss Ike's treatment, Slusher said.

Arnold said it would cost \$6,500 to do the surgery on Ike. Slusher said she did not have enough money in her budget to pay for it. After she spoke with people at the teaching hospital, they decided to turn Ike's surgery into an opportunity for the veterinary medicine students.

Slusher said the mounted unit had \$3,250 for the surgery and KSU officials said they would match it.

"The No. 1 concern was cost," Slusher said, "and (the joint funding) was a good thing that benefited

both groups."

On Feb. 16, Ike underwent surgery that removed the deteriorating bone and replaced it with a bone graft taken from his hip, Slusher said.

Ron Roller, the CGMCG equestrian trainer, said Ike's 2 1/2-hour surgery went well.

"He had good care. He was very cooperative, and I guess you could say a great patient," Roller said. "He recuperated just fine. He was walking on all four feet, a little stiff, but was in great spirits."

However, Slusher said the pin in Ike's foot began to bleed shortly after the surgery.

Ike underwent a second surgery on Feb. 18 and had the top pin in his foot taken out. Arnold said two screws were placed across his joint to stabilize it.

"The second surgery went much better," Arnold said. "He is a different horse now and is walking on his foot."

Five days after his second surgery, on Feb. 23, Ike was able to leave the Veterinary Medical Teaching Hospital and go home to the Fort Riley stables.

Arnold said Ike is expected to go back to the Veterinary Medical Teaching Hospital two weeks after being released to have the top pin removed. She said after the pin is removed, Ike would wear a cast on his foot for an additional two weeks.



2nd Bn., 34th Armor/Vazquez
Lt. Col. Oscar Hall IV (right), commander of 2nd Bn., 34th Armor, and Command Sgt. Maj. Douglas A. Falkner, battalion command sergeant major, uncased the battalion's colors in a ceremony at Forward Operating Base Gabe in Iraq Feb. 23. The ceremony marked the battalion's official assumption of responsibility from Task Force 82nd Engineers.

By Phil LaCasse

2nd Bn., 34th Armor, SI

The 2nd Battalion, 34th Armor Regiment, assumed responsibility for its area of operations on Iraq's Diyala Province in a transfer of authority ceremony Feb. 23 at Forward Operating Base Gabe.

The battalion will be responsible for the security and stability in the cities and surrounding areas.

Lt. Col. Oscar Hall IV, battalion commander, said the mission is "to develop Iraqi Security Forces in order to neutralize anti-Iraqi forces while providing a safe and secure environment that promotes Iraqi self-rule."

The ceremonial transfer of authority between Task Force 82nd Engineers, members of the 3rd Brigade, 1st Infantry Division, and Task Force 2nd Bn., 34th Armor, was simply a formal-

Report from
Iraqi Freedom



ity. The "Dreadnaught" Soldiers of 2nd Bn., 34th Armor, had been conducting patrols, route clearance operations and company-level missions for the previous two weeks with the Soldiers of TF 82nd Eng.

The first week of the relief consisted of "right-seat" rides during which 2nd Bn., 34th Armor, Soldiers accompanied TF 82nd Eng. Soldiers on their normal mission schedule. The engineers were in charge of all planning and execution. The "Dreadnaught" Soldiers rode along to observe and learn

from the engineers.

"I learned good TTPs (tactics, techniques and procedures) on how to battle track and keep combat power in the engagement area to maintain the initiative," said Sgt. 1st Class Cory Bonneau of Richland, Wash.

Bonneau serves as operations noncommissioned officer in the battalion tactical operations center.

Roles reversed during the second week; TF 82nd Eng. Soldiers accompanied 2nd Bn., 34th Armor, Soldiers on patrols as the "Dreadnaughts" took the lead in terms of mission planning and execution.

Toward the end of the second week, most "Dreadnaught" patrols were virtually autonomous, with only one or two representatives from the outgoing unit riding along.

In addition to providing insight and mentorship in operational matters, the outgoing engineer battalion gave its excess supplies to the battalion.

"We probably saved 2-34 Armor \$200,000 to \$300,000 in bench stock (repair parts)," said Spec. Arthur Jones of Brandon, Fla. Jones is a tracked vehicle repairman who works in the battalion's maintenance support team.

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Post effort tackles sexual assault issues

Leaders, specialists work to curb possibilities for attacks, improve victim care, support

By April Blackmon
Staff writer

Fort Riley is energetically implementing the Army-wide effort to use training, education, and awareness to prevent sexual assault, promote sensitive handling of victims, offer confidential counseling, and reinforce Army

values, said Maj. David Velloney, deputy staff judge advocate at Fort Riley.

The Army published interim guidance regarding the Defense Department's new Sexual Assault Prevention Program Nov. 12 and will formalize that guidance in the next revision of Army Regulation 600-20, Command Policy.

The new policy defines what constitutes sexual assault, offers education and training programs to help prevent assaults, shows treatment and support options for victims and explains the system of investigating and prosecuting offenders.

Along with the policy came a Jan. 31 deadline to train and educate Soldiers, a deadline Fort Riley met, Velloney said.

The post's effort involves disseminating information throughout post in a "consideration of others" or small group format, he said.

"This is a commanders' training program. It's not just an agency on post training Soldiers, it's the commanders themselves," Velloney said.

"It's important for commanders and other leaders to do the training because sexual assault is not compatible with Army values — it breaks down discipline and morale. And they're the ones keeping Soldiers disciplined," he said.

The training program is helpful for commanders to better communicate with Soldiers, said Lt. Col. David Theisen, commander of the 1st Engineer Battalion.

"I thought they provided commanders with quite a bit of information. What I found interesting is that it's an educational piece, and a lot of Soldiers say, 'Well, I didn't think about that, that I may place myself at risk with high-risk behavior,'" he said.

"It dispels myths — like rape happens by strangers, when in fact a lot of times it's by someone you know. And there are risk factors, with alcohol being a central theme. I tell my Soldiers, 'Nothing good happens at Silverados' at 3 a.m.' Your judgment is impaired, and it increases your risk. The same with offenders. If your partner has passed out, they are unable to give consent," he added.

The program's emphasis is not only on education to help prevent sexual assault, but to improve the treatment and support of victims

as well, Velloney said.

Victim support has not been a strong point in the Army's traditional system. The new system seeks to improve victim protection and offer better counseling, medical treatment and care.

"DoD is finally giving formal recognition into ending (sexual assault)," said Bill Powers, chief of Fort Riley's Soldier and Family Support Center.

"Now we have services available. We have a treatment side and a prevention side," said Santos Bonilla, Family Advocacy Program manager.

The Family Advocacy Program is implementing several changes, including placing a victim advocate at the military police station. This will allow for improved coordination, communication and rapid response with the MPs and Social Work Services, Bonilla said.

The Family Advocacy Program has added two victim/sexual assault advocates and hopes to soon have someone to educate Soldiers as well. The program

also hopes to start up a 24-hour on-call corps of volunteers in the coming months.

"We're hoping to have recruited and trained a corps of volunteers by the end of May, beginning of June," said Margaret Dukes, victim advocate.

Information presented in the training briefings contend that lack of privacy and confidentiality has been a barrier to encouraging victims to come forward, and that new guidelines are emphasizing confidentiality reporting.

"One of the Army's policies is that every sexual assault incident will be treated seriously and thoroughly investigated and that all victims of sexual assault will be treated with dignity, fairness and respect," Powers said.

Irwin Army Community Hospital is doing its part to offer better services to victims as well. The hospital has added a sexual assault clinical coordinator to its staff.

"The individual in this position will track the care of the patient, ensuring they get the follow-up

care they need, keep in frequent contact with the patient, assuring that the emotional and physical needs are addressed and the patient has access to all of IACH resources," said Dr. (Maj.) Grant Forrester, chief of the emergency room at IACH.

Education about sexual assault and ways to reduce risk are part of the training briefings as well.

Because alcohol is involved in many sexual assault cases, Velloney said taking responsibility for one's own actions, as well as taking care of your friends and looking out for them are strong preventive measures.

Training briefings are not just semi-annual occurrences, Velloney said. They are now part of pre- and post-deployment briefings and safety briefings.

"We're doing our best to implement a comprehensive program that will support victims, reduce the risks that contribute to sexual assaults, and educate Soldiers regarding the resources available here on Fort Riley," Velloney said.

Need help?

No one needs to suffer alone. Agencies on Fort Riley have staff on call 24 hours a day, seven days a week to assist people with sexual assault and other crises.

- Medical (ER): 239-7777 (24 hours)
- MPs: 911 or 239-6767 (24 hours)
- Chaplain: 239-4357 (24 hours)
- Social Work Services: 239-7291 (duty hours)
- Family Advocacy: 239-9435 (duty hours)
- Legal Assistance: 239-3117 (duty hours)
- Victim-Witness Liaison: 239-2717 (duty hours)
- Commander/Supervisor/First Sergeant

Army-wide resources are also available:

- Army One Source: www.armyonesource.com or call 1-800-464-8107 (24 hours)
- DoD Sexual Assault Hotline: 1-800-732-0920 (8 a.m. to 8 p.m.)

Ways to help prevent assault

- Remember: "No" means no. Don't have sex with a person against his or her will. Make sure the sex you want to have is consensual.
- Be prepared, alert and safe. Look out for your friends when you go out and ensure no one is put in a compromising situation.
- Set limits. When dating, communicate — talk with your partner to make sure you are both on the same page.
- Talk with friends. Discuss issues such as rape and sexual assault. Try to clear up any misconceptions or misunderstandings you may have.
- Educate. Teach yourself and those around you about sexual assault.
- Speak up. Don't condone rape jokes. If you hear something offensive or inappropriate, say something.
- Take action. Contact the chain of command, military police, chaplain, counselors or hospital for help if assaulted.

The Post staff wants to know what important issues face you and others in the Fort Riley community. Call the editor at 239-884. Let's talk.

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Fort Riley Sports & Recreation

Friday, March 4, 2005

America's Warfighting Center

Page 9

Sports news in brief

Golf clubhouse grill to reopen

Old Bill's Grill and Pub is re-opening at the Custer Hill Golf Course on March 19 for breakfast and lunch.

It will operate from 7 to 9 a.m. Tuesday through Friday with a breakfast buffet and from 11 a.m. to 1:30 p.m. the same days for lunch.

It will serve a breakfast buffet from 7 to 9 a.m. Saturday and lunch from 11 a.m. to 1:30 p.m. Saturday.

It will serve Sunday brunch from 8 a.m. to 2 p.m.

Lunch selections will include burgers, salads, Philly cheese steaks, fajitas, hotdogs and French fries.

For more information, call 239-5802.

Registration open for soccer

Spring soccer registration for kindergarten through eighth-grade students will continue through March 11. Registration will be held on a walk-in basis from noon to 5 p.m. weekdays at Central Registration in Building 6620.

Current sports physicals are required at registration.

For more information, call the youth sports director at 239-9223 or Central Registration at 239-4847.

Youth softball leagues forming

The Manhattan Parks and Recreation Department is accepting team registrations for Wildcat League Softball. Leagues are available for children 10 years old and younger and 16 years old and younger.

Teams will be accepted on a "first pay, first play" basis for all age divisions.

To register, stop by the Parks and Recreation Office at 1101 Fremont St. or call (785) 587-2757, before 5 p.m. March 25 or before the leagues are full.

The team fee is \$225 and includes 10 doubleheaders, staff, game balls and USSSA sanction fee. Teams must provide their own equipment and uniforms.

Rec slates skeet competition

The Fort Riley Outdoor Recreation Center will host a four-man skeet competition beginning at 10 a.m. March 19 at the center's nearby clay range. Cost is \$3 per person for 25 clays.

Team pre-registrations required. Shooters will be allowed to shoot 12 and 20 gauge shotguns only and competitors must provide their own shells. First prize is a traveling trophy.

For more information or to register, call 239-2363 or 239-6368.

Rec offers archery class

The Fort Riley Outdoor Recreation Center, 9011 Rifle Range Road, will offer an archery familiarization class at its range on Tuesdays and Thursdays from 4 to 5 p.m. and on Saturdays from 9 to 10 a.m. March 8 through April 7.

Cost for each class attended is \$2, and attendance can be in those classes that fit the individual's schedule.

An archery target gun competition is scheduled for 9 a.m. April 9.

For more information, call 239-2363 or 239-6368.



Army Spc. James Villa of Fort Lewis, Wash., out-pointed Air Force Senior Airman Richard Mora 59 to 48 at the All Armed Forces boxing championship Feb. 18 at Fort Huachuca, Ariz.

AFPS/Elizabeth Davie

Army wins boxing title

AFPS

FORT HUACHUCA, Ariz. — "Huachuca" means thunder in Apache, and Army boxers unleashed a hailstorm of blows at the Arizona Army post Feb. 19 to again claim the armed forces boxing championship title.

The Marines finished second, followed by the Air Force and Navy.

The latest title increased the Army's number of crowns to 27 since the championships began in 1967. The Marine Corps won the title in 1978 and 1991. No cham-

pionships took place in 1982.

"This has been a very special year for me. This team has a special place in my heart, because most of the boxers are inexperienced," said Army Head Coach Basheer Abdullah. "(The national championships) will be a learning process for us." He noted his team also would be working with the International Military Sports Council, also known as CISM.

All four services had inexperienced teams and brought fresh faces to this year's Armed Forces Championships.

Marine Cpl. Eric Canales

showed off what made him a 2004 CISM medalist and was one of two boxers to defeat his Army opponent. The other boxer to do so was his Marine teammate Lance Cpl. Jackie Saye, who stunned the crowd when he knocked down Army Pfc. Corey Stewart after having received two standing eight-counts himself.

Air Force Head Coach Edward Rivas already is looking forward to building on the experience. "We have a small team, somewhat inexperienced. I'm very proud of all of them," Rivas said. "We'll be

See Boxing, Page 11

Hand-i-work



Jason Phillips (36) of 172nd Chem. Co. passes to teammate Julius Tate (24) through a crowd of MEDDAC defenders.

Post/Meek

172nd edges MEDDAC

By Austin Meek
Staff writer

The 172nd Chemical Company edged Medical Department Activity 42-36 in a defensive struggle at King Field House on Feb. 23.

Chemical Company jumped to a 19-8 lead in the first half, but MEDDAC responded with an 8-0 run to pull within three points. Eldonda Davis' three-point play in the closing seconds of the half gave Chemical Company a 22-16 lead at intermission.

The 172nd pushed its lead to double digits in the second half, but MEDDAC

rallied again by pounding the ball inside to its big men and Chemical Company led by just three points in the closing seconds before Davis nailed a 3-pointer to seal the victory.

Davis finished with 10 points for 172nd but teammate George Cabanraus led the team in scoring with 12 points.

Wesley Westbrooke of MEDDAC was the game's high scorer with 13 points. "They had some big men, but big men get tired running up and down the floor," said Chemical Company Coach Doug Nelson. "You've got to have heart. We went out and hustled on defense and that was the difference."



Post/Meek

MEDDAC's Wesley Westbrooke (51) goes up for a shot against Jason Phillips (36) of 172nd Chem. Co. with Gary Ream (34) looking on.

Injury prevention key to running resumption

Physical Therapy staff
IACH

Despite the recent snow, spring is just around the corner. With the coming of spring, many people will begin to look toward the outdoors and a return to a higher level of physical activity. Unfortunately, as activity level increases so does the possibility for injuries.

The most common running injuries can be traced to training errors. Examples of these errors include:

- Rapidly increasing the frequency, duration or intensity of an

exercise without giving the body time to adjust.

- Overtraining — not allowing the body time to recover from workouts
- Failing to properly warm up
- Wearing inappropriate footwear

Fortunately, most of these mistakes are easy to avoid.

When beginning a training regimen or progressing an active training regimen it is important to move slowly. Progress can be achieved through advancing the pace at which one runs, the distance covered and the frequency of running.

The body's signals should be adhered to while progressing. If pain develops, it is a sign that the training should not yet be advanced.

The distance and duration of a run will vary depending on individuals' desires. Thirty minutes of running three to four days a week will maintain cardiovascular fitness. To lose weight, 45 minutes of aerobic activity five days a week is more appropriate.

Another important key to exercising is ensuring the body has time to recover. Exercising every other day allows the body to recover and reduce any inflamma-

tion that may have developed.

If you chose to exercise every day, alternate exercises. Include low impact activities, such as swimming and biking, rather than running every day.

Regardless of your choice of exercise, it is important to include a warm-up and cool-down in your routine. Sprains and strains are less likely to occur if the demands placed on muscles and joints are increased gradually.

A good habit is to start a run with a brisk walk or slow jog. After a brief warm-up for five to 10 minutes, stop and stretch the legs' major muscle groups. When

trying to increase flexibility, a stretch needs to be held for at least 30 seconds. Maintain one position when stretching. Bouncing does not help the stretch and can put undue stress on the joints.

Undue stress can also be caused by worn out or inappropriate shoes. Not all sneakers are created equal. Running shoes are designed to help absorb shock and cushion the foot while running. Cross-trainers and basketball shoes do not provide the same support.

Older running shoes are equally bad. A shoe can look OK from

See Running, Page 11





Sports news in brief

Field House slates activities

March 7 – 8:45 to 11:15 a.m., fitness assessment
March 7 and 9 – 5:45 to 6:45 p.m., cardio pump aerobics class
March 7 and 10 – Noon to 1 p.m., fitness yoga
March 8 – 9:45 to 10:45 a.m. and 5:45 to 6:45 p.m., Cardio Training Express I
March 10 – 9:45 to 10:45 a.m. and 5:45 to 6:45 p.m., Cardio Training Express II
March 15 – 9:45 to 10:45 a.m. and 5:45 to 6:45 p.m., Weight Training Express
For more information, call 239-2813.

Scavenger challenge slated

Families can exercise, have fun, search for clues and maybe win prizes by participating in the Fort Riley Scavenger Challenge 2005 from 9 to 11:30 a.m. April 23. Families will be allowed walk, bike or rollerblade around Main Post in search of clues. Prizes and games are planned along the route. Light snacks also will be provided. The hunt begins and ends at King Field House. Families can register between 9 and 10:30 a.m., the day of the hunt and door prizes will be drawn at 11:40 a.m. For more information, call 239-2813.



Post/Meek

Saying 'bye to a legend

Feb. 26 was Kendra Wecker Night at Bramlage Coliseum. Wecker's No. 53 jersey was retired following K-State's 73-46 win over Kansas Feb. 26.

The senior from Marysville, Kan., was named Big 12 Conference Women's Basketball Player of the Week for games played from Feb. 21-27.

Wecker turned in back-to-back double-double performances in victories over Nebraska (94-69) on Feb. 23 and Kansas (73-46) on Feb. 26. She registered 18 points and 13 rebounds against the Huskers and a game-high 21 points and 13 rebounds versus the Jayhawks. Wecker also added a season-high seven assists against Nebraska, three short of recording a triple-double.

The 17th-ranked Wildcats will participate in the Big 12 tournament March 8-March 12 in Kansas City.

SCREEN MACHINE
2 x 2"
Black Only
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Infantry beats Finance

By Austin Meek
Staff writer



Post/Meek

Tasha Williams (1) of 15th Finance Company goes up for a shot against Bryan Johnson (50) of HHC, 24th ID.

Headquarters and Headquarters Company, 24th Infantry Division (Mech), out-muscled 15th Finance Company 51-45 in company level basketball action Feb. 23 at King Field House.

HHC built a six-point lead in the first half behind strong performances from Shannon Ollison and Warren Williams. Ollison used his size to score inside and showed his range on the perimeter, knocking down two 3-pointers.

Williams scored 12 of his game-high 23 points in the first half.

The HHC defense caged 15th Finance's ace Bobby Allison in the second half. Allison scored 11 points against the Infantrymen in the first half but managed only two points in the last half.

"We just stopped penetrating," said 15th Finance's Tasha Williams. "We started holding the ball on the perimeter. That was the difference in the game."

HHC won by capitalizing on its size advantage and by playing physical basketball, Coach Bryan Johnson said.

"Our size weighed in on them," he said. "It was too much for them down the stretch."

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MANHATTAN REGIONAL AIRPORT
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2X2 Man Air-Window Seat

VALASSIS
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USADISCOUNTERS
3 x 10.5"

BLUR/3x10.5/March 2005





Boxing

continued from page 9

back next year.”
The lone Navy boxer of the night, Petty Officer 2nd Class Deano Jenkins, was visibly upset when his attempt to make a mark for his service was stopped by the Army's Staff Sgt. Christopher Downs early in the second round.

New Army boxer, Spec. John Franklin is the first Army National Guard member to earn an armed forces gold medal. “This means a lot to me,” said Franklin, originally a member of Company B, 110th Engineers, in Kansas City, Mo., and now assigned at Fort Carson, Colo.

Another fresh face on the Army team, Spec. James Villa of Fort Lewis, Wash., could barely contain his excitement about winning. “Wow! I'm dumbfounded,” Villa said.

Military boxers now prepare for the nationals March 12-19 in Colorado Springs, Colo.



AFPS/Elizabeth Davie
Army Spec. Quentin McCoy of Fort Carson, Colo., out-pointed Marine Cpl. Wilfrido Gonzalez 25 to 17 at the All Armed Forces boxing championship Feb. 18 at Fort Huachuca, Ariz.

Running

continued from page 9

the outside but has lost its shock absorbing capabilities. As a general rule, shoes should be replaced every six to nine months or 500 miles, whichever comes first.

When buying shoes, a runner should attempt to match the shoe to his or her foot type. A flat foot or foot with little to no arch requires a shoe designed for motion control.

On the other hand, a foot with a high arch tends to be rigid and is best supported by a cushioned shoe. A neutral foot will benefit from a shoe that provides stability.

Most sporting goods stores will be able to help a purchaser determine which type of support a shoe provides. The Post Exchange marks many of its running shoes with a tag designating it as either a “motion control,” “cushioned” or “stability” shoe.

The shoe department of the Post Exchange has an excellent display describing the three types of shoes

and the appropriate shoe type for each foot type.

Another good resource for running shoe guidance is online at www.runnersworld.com.

If all these precautions fail and an overuse injury develops, the runner needs to take a break. Ten to 14 days of rest should allow the body time to heal. Ice the injury and consider changing shoes or running surfaces. When returning to running, take it easy and remember to listen to the signals the body is sending.

Other things to keep in mind when running are general safety precautions. Stick to sidewalks and running trails whenever possible.

Do not listen to headphones when running near traffic. Wear appropriate clothing, including cold weather gear and reflective belts or vests. Plan your route and make sure you stay in safe well-lit areas.

Fitness department offers classes

By Jamie Bender

19th PAD

The Fort Riley fitness department offers patrons several ways to shape up for spring, including free classes at King Field House Fitness Center.

Cardio, Weight Training Express

Cardio Training Express I and II begin this month and are scheduled for once each month through May.

“The class will give people tips and teach them how to properly use and train on cardio equipment, such as treadmills, elliptical trainers, bikes and cross trainers,” said Kim Miller, fitness program coordinator.

The first class is a lecture and will cover the principles and components of cardio training, Miller said. “The second is more hands on. We go to the cardio room and help them with proper settings and proper usage of the equipment.”

Another free class scheduled to begin this month is Weight Training Express I and II. The same format—a lecture class followed by a hands-on demonstration—will be followed.

“The first part of the class, again, is mostly lecture where we talk to them about proper lifting techniques and things like that,” Miller said.

“For the second part of the class we have a weight training circuit set up down in the weight room. We go through that with them, demonstrating proper tech-

nique and form, and we let them use the equipment and ask any questions they may have,” she said.

Cardio Training Express and Weight Training Express are open to beginners and more advanced students.

“Overall, the training express classes are designed to educate and empower our patrons to feel comfortable and confident coming into a fitness facility,” said Stacy Toner, physical fitness specialist. “The classes are set up to design individual programs by talking with the instructor; it's just in a group setting. It's another way to gain a tailored exercise program. [People] feel comfortable choosing things that are going to work for their goals and their timeframe.”

Free fitness assessments

Free fitness assessments also begins this month. Some things the 2 1/2-hour session will cover include body composition, cardio endurance testing and flexibility training.

“The fitness assessment is something that you would get if you went to a personal trainer,” Miller said. “The classes are designed to help people set up workout plans. The fitness assessment is designed for us to be able to do an assessment for a group of people and then be able to recommend what classes they can go to where their work can be set up.”

“It's truly to find out what their current fitness level is so they can find out what type of program they want to work on to reach the

Learn more

For more information on any of these classes, please call 239-3146 or 239-2813.

goals that they see they need,” Toner said.

The sessions are held monthly and are open to 10 people. Interested persons must register in advance by calling 239-3146 or 239-2813.

Walk/Run/Bike across Kansas

Walk/Run/Bike across Kansas began March 1 and runs through May 31.

“It's a self-directed program where participants keep track of their indoor workout mileage,” Miller said. “Any equipment at any of the fitness centers that give out mileage can be used.”

The participants receive an incentive at the end of the program on May 31.

“It's another way to motivate people to stay active by tracking their mileage and seeing how far they can go in that time frame,” Toner said.

Body Works Circuit, Total Tone

Two more free classes begin in April. One is Body Works Circuit and the other is Total Tone.

“The Body Works class will use workout stations for a full body workout with dumbbells, Nautilus equipment and cable

equipment,” Miller said. “The Total Tone class will be like a typical burn and firm class where you are doing a lot of aerobic type activity with a lot of small hand weights and resistance equipment.”

Target Heart Rate Training

Target Heart Rate Training will also begin in April. The class teaches how to train at your target heart rate safely and efficiently, Miller said.

The Cardio Challenge is a similar class conducted in the cardio room at King Field House.

“It's more of an interval type session where you work out for 10 minutes on one piece of equipment and then jump to another for 10 minutes,” Toner said. “It's quick-paced. Core conditioning is added to the end of the class to strengthen and tone your abs and back.”

Got an idea for a sports or recreation story? We'd like to hear it. Call the editor at 239-8854. Let's talk.

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2 x 5"
Black Only
2x5, FREE TO KNOW

SETH CHILD
2 x 5.5"
Black Only
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#SPR-337504 One a Few/March 05



Spc. Cindy Atkinson, left, and Spc. Eileen Head of the 15th Fin. Co., ski down the Tiger Hill at Snow Creek. 19th PAD/Selmek

Soldiers ski Missouri slopes

By Christopher Selmek
19th PAD

A busload of Soldiers took advantage of a Better Opportunities for Single Soldiers-sponsored free ski trip Feb. 23 to enjoy some wintry fun at Snow Creek lodge in Weston, Mo.

Snow Creek has hosted Military Appreciation Days every Wednesday since the start of recent operations in Iraq. The free day for active duty military personnel had been occurring on a less regular basis since the start of the Gulf War in 1991.

"We've gone from once a year to twice a year to once a month to weekly," said Dave Grenier, Snow Creek's general manager. "I was hearing some complaints that Soldiers couldn't always make it up here on the days we offered it because of all the deployments, so I decided to make it weekly just to accommodate them."

Any military ID card holder of any pay grade is offered free lessons and equipment rental on Wednesdays while the lodge is open.

"I was in the military," Grenier said. "I'm a Vietnam vet and I was

so proud of what our troops were doing over there that I wanted to give them this special day. Then the current engagement started and there were so many deployments that I had to just make it once a week. That's my tribute to the current engagement."

Military family members and reservists receive a discount.

"It used to be free for family members as well, but then the lines grew so long that nobody could have a good time and I realized that I was defeating the purpose of having a military appreciation day. I want that E-3 or E-4 to be able to come, out here and have a great time," Grenier said.

He said five or six buses used to pull up on military appreciation days during peacetime, but that number has dwindled significantly since the start of Operation Iraqi Freedom. Still, Grenier insists that the program will continue for as long as he is in charge of the lodge.

"We have officers coming from Whiteman (Air Force Base) and a few Marines stationed at Richards Gabor near here and of course Fort Leavenworth," he said. "But, I think it's Fort Riley that has the most junior enlisted Soldiers who

can really benefit from the free pass and who really enjoy themselves the most."

The transportation for this trip was provided free through BOSS. Soldiers needed only to pay for meals from the food court at Snow Creek.

This was the final BOSS trip to Snow Creek this year. Warming temperatures are making it difficult for the ski area to maintain its man-made snow in temperatures above freezing. The lodge will be closing March 13.

Various specials will be ongoing through the remainder of March, including military appreciation days, the Feel Like a Kid Again special and birthday discounts.

"I do this strictly from the heart," Grenier said, "not to pad my wallet. This is the smallest part of what I can do for those who are serving and risking their lives for their country."

Snow Creek opens at noon. For more information, go to www.skisnowcreek.com or call (816) 640-2200.

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There's a new Joe in town

19-year-old driver part of diversity program

By William Thurmond
Army News Service

You probably already know that a 'Joe' drives the Army's 01 Chevrolet. That, of course, is "Front Row Joe" Nemecek, a NEXTEL Cup series veteran with four Cup victories and eight poles to his credit.

But let us introduce you to Army racing's other Joe.

Joe Henderson III is a 19-year-old from Franklin, Tenn. While he's half the age of his MB2 Motorsports mentor, his passion and excitement for the sport is infectious.

"I'm a part of NASCAR's 'Drive For Diversity' program," Henderson said. "I just signed with MB2 in December as a developmental driver."

According to its Web site, "Drive For Diversity" is a long-term initiative aimed at developing a steady pipeline of well-trained and supported minority and female drivers and crewmembers.

In 2004, five drivers competed in the NASCAR Dodge Weekly Series. Six crewmembers participated in the NASCAR Craftsman Truck Series and NASCAR Busch Series.

The program is run by Access

Marketing & Communications, a Charlotte-based multicultural marketing firm. NASCAR, which has said that increasing diversity in the sport is its top corporate priority, has been instrumental in assisting Access in the development of the Drive for Diversity program.

During 2005, Henderson will be running in 18 late-model stock-car races at tracks such as Nashville's Fairgrounds and at several North Carolina short tracks, including Hickory, Ace and Caraway Speedways.

"After these 18 races, I'll run seven ARCA races. We're gonna make sure I'm ready before I step up into another league," Henderson said.

Depending on how he performs, Henderson said he hopes to catch a Busch Series ride in the next two or three years.

"I got my first go-cart when I was seven, and ever since then I've been racing something," Henderson said. "It's something that gets into your blood and just sticks inside of you. It's something that I've always wanted to do."

Like many drivers, you can trace Joe's interest in racing back to dad, Joe Henderson Jr., the man who bought the go-cart, also has racing in his blood.

'Drive for Diversity'

For more information on the 'Drive for Diversity' program, visit www.drivefordiversity.com

"I was a racer, and I gave him the opportunity to follow in my footsteps," said Henderson Jr. "He's more than met my expectations. He's really developed faster than we all anticipated."

Dad hopes to see his son driving Cup cars in the near future. In fact, they plan to revisit Daytona with a Henderson behind the wheel.

Henderson's only had his driver's license for four years, but he's been racing since he started school. He acknowledges that he's living the dreams of many young people his age.

Henderson and his fellow "Drive For Diversity" colleagues know they represent NASCAR's future.

"Joe (Nemecek) is a great driver, but he can't drive forever," Henderson said. "We're gonna need another Joe to take over. And I hope I'm the next Joe in line."

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SUNFLOWER BANK- SALINA

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3x10.5 Sunflower Bank



Fort Riley Community Life

Friday, March 4, 2005

America's Warfighting Center

Page 13

Community news briefly

Easter Bunny poses for pics

Shoppers and their youngsters will be able to visit with the Easter Bunny and even take a picture with him during Children's Day with the Easter Bunny at the Post Thrift Shop, Building 267, Stuart Avenue, from 10 a.m. to 1 p.m. March 5. Children's Day with the Easter Bunny also will offer prizes and crafts for those visiting the shop to browse through the store's selection of spring and Easter items.

The store also opens Tuesdays, Wednesdays and Thursdays from 9:30 a.m. to 2:30 p.m. and no military ID is required to shop.

For more information, call 784-3874.

Crafts center slates classes

March 7 - 6:30 to 8:30 p.m., wood safety

March 7 - 7 p.m., crochet, knitting and cross stitch

March 8 - 6 to 9 p.m., introduction to matting and framing

March 12 and 13 - 2 to 4 p.m., introduction to black and white photography

March 13 - 1 to 4:30 p.m., scrap booking get-together.

March 14 - 6:30 to 8:30 p.m., ceramic painting (leprechauns)

For more information, call the Arts and Crafts Center at 239-9205.

Teen Center plans activities

March 5 - 9 a.m. to 3 p.m., Red Cross babysitting course

March 11 - 8 to 10:30 p.m., middle school dance

March 12 - 9 to 11:30 p.m., high school dance

For more information, call the Teen Center at 239-9222.

Child services sets activities

March 4 - 4 to 5 p.m., Parent Advisory Council meeting

March 5 - 10 a.m. to 1 p.m., free childcare for deployed Soldier's children

March 10 - 2:30 to 4 p.m., Family childcare provider orientation meeting

For more information, call 239-9173

BOSS plans activities

March 12 - 7 p.m., fashion show at Riley's Conference Center

For more information, call 239-8147.

Riley's to host Easter activities

Military families can celebrate Easter at Riley's Conference Center March 27. Riley's will offer a traditional brunch of carved top round, scrambled eggs, seasoned fries, smoked bacon, sausage gravy with biscuit, mashed potatoes and gravy, green beans, assorted desserts, orange juice, coffee and tea for \$12.95 for adults and \$8.95 for children ages 4 to 12. Brunch will be served from 11 a.m. to 1:30 p.m. At 2 p.m., children can participate in one of three Easter Egg hunts on Riley's grounds. Each hunt will be based upon age groups.

Reservations are recommended. For more information or to make reservations, call 784-1000.

Event to help spouses THRIVE

Wives experiencing deployment encouraged to attend free program

Staff report

Fort Riley wives who have experienced deployment of their Soldier/husbands want to share their experiences with post wives of recently deployed Soldiers or any other military spouse interested.

The wives developed a one-day

event they refer to as THRIVE and will offer that program from 8:45 a.m. to 2:45 p.m. at Riley's Conference Center.

The purpose for developing the program was to provide a positive perspective and some practical help for coping with the challenges wives of deployed Soldiers will face, states an information

sheet explaining the upcoming event.

THRIVE is free for all participants, although a registration form is requested in advance. A light breakfast and lunch will be served during the event.

Childcare will be available for children through age 5 if those children are registered in advance

with the Child Development Center. Parents must provide a lunch and snacks for their children. Child shot records must be presented and children must arrive at 8:30 a.m.

Topics that will be presented by wives who have experienced deployments of husbands will include:

Rx: Intensive Care - to help women understand their first priority must be taking excellent care of themselves physically and emotionally. The importance of sleep, a healthy diet, stress management, recreation and friendship will be discussed.

See THRIVE, Page 15

Renovations

Custer House gets makeover

By Jay Baker

Public affairs intern

Two Fort Riley women claim they had fun cleaning, painting and redecorating a historical Fort Riley home even though they worked in the dead of winter without the benefit of central heat or electricity.

Kelly Bower and Shanna Calvasina, members of the Historical and Archeological Society of Fort Riley, agreed the work "didn't take very long, and it was fun."

"The Custer House Side B is a beautiful place, and the greater Fort Riley community doesn't realize they can rent it for \$25 a day. It's been a labor of love for HASFR for years, and now we can give back to the community by making it more inviting for luncheons, retirement parties or Family Readiness Group meetings," Bower said.

The two began painting in the winter and worked in 30-degree temperatures while wearing hats, gloves and scarves, Bower said.

"On some days, we could see our breath as we painted inside," she said.

Early in November, after Apple Day, HASFR begin to plan the society's spring tour of homes on post. Custer House, the tour's showcase home, was in need of sprucing up, the members decided. When

See House, Page 13



The Custer House Side B dining room's renovations allow renters to host sit-down meals. The house is available for rent at \$25 per day.



Shanna Calvasina holds the ladder steady while Kelly Bower attempts to get down without falling. Both HASFR members volunteered to renovate the Custer House Side B for the Tour of Homes event this spring.

DeCA stops double bagging

Just say 'no' to plastic, 'yes' to paper

By Bonnie Powell

DeCA

FORT LEE, Va. - Shopping in the commissary can save military families 30 percent or more. Now, customers can help commissaries in the United States hold the line on supply costs by asking customers to "just say no" to double bagging and to say "paper please" when they get to the register.

With more than 92 million customer transactions per year, grocery bags cost commissaries nearly \$20 million annually. The cost of plastic bags has risen more than 30 percent in the past two years because of the rise in oil prices, which directly affects the cost of manufacturing plastic bags.

"Every extra dollar we spend on bags is a dollar we may not have for payroll or other commissary services," said Patrick B. Nixon, acting director and chief executive officer. "Customers can help the Defense Commissary Agency control costs by switching to paper bags and eliminating double bagging."

Baggers who are not DeCA employees will be given fact sheets informing them of the costs of double bagging and plastic to encourage them to participate in the effort to hold the line on rising costs. Statistics show that commissaries use 80 percent plastic to 20 percent paper. DeCA officials want to see those percentages reversed.

"Several years ago the plastic was less expensive, so we encouraged going with plastic bags," Nixon said. "Now paper is the more economical choice."

Customers who want plastic or

See Bags, Page 15

9-11 survivor shares story

By April Blackmon

Staff writer

Members of the Fort Riley and local communities gathered Feb. 24 at Riley's Conference Center to recognize and remember the power of faith and prayer in their lives and in their nation.

"We observe and celebrate at this national prayer luncheon because it is the right thing to do, because this is a community of prayer," said Chap. (Lt. Col.) Don German, echoing President George W. Bush's remarks at the national prayer breakfast the same day.

Nearly 20 years since he and his family were stationed at Fort Riley, guest speaker Lt. Col.

(Ret.) Brian Birdwell said he was glad to return to share his experiences with the group.

Birdwell is a survivor of the Sept. 11, 2001, terrorist attacks on the Pentagon and said he is alive today because of several miracles that occurred during his ordeal. He shared a few of those miracles with the crowd.

"I do not wish to underestimate the miracle that is that I'm alive today. You don't survive an 80-ton jet coming in the building being that close," he said.

After American Airlines Flight 77 rammed into the Pentagon just feet away from his second-floor office, Birdwell was thrown to the ground and was engulfed in

flames.

"I collapsed to the floor and cried out Jesus, I'm coming to see you" and did what we in the military were trained never to do, and that's to give up ... The good Lord has a sense of humor. I was waiting to hear those words, 'well done good and faithful servant' and the Lord only got me a little more well-done," Birdwell said, referring jokingly to the burns that covered 60 percent of his body. "The Lord had a different plan for me."

Birdwell remained in intensive care and on a respirator for 26 days and in the burn unit for 96 days. During his recovery, he battled infections, learned to walk

See Prayer, Page 15



Lt. Col. (Ret.) Brian Birdwell, center and his wife, Mel, sign copies of their book for Fort Riley community members after the National Prayer Luncheon Feb. 24.





ESC photo

ESC inducts 100th member

Tammy Samuelson (left) became the Enlisted Spouses' Club's 100th member Feb. 23. ESC president Sherry Miller presented her with gifts from the club.

By Tammy M. Jarrett
Army News Service

WASHINGTON — Whether a Soldier is on permanent-change-of-station orders or considering a new assignment, getting a variety of information about his next duty station is only a click away.

The Army Housing OneStop Web site at www.onestoparmy.com now has more than 2,200 family housing plans and 5,500 family housing photos from 96 Army installations for viewing, as well as a wide variety of links to popular sale and rental search sites, said Debbie McMullan, a housing program analyst for AHOS.

"Deep links" to the areas sur-

rounding the installation are provided when possible, she said, to help customers who are not familiar with their new PCS location.

AHOS has combined the best features of PCSHouse Express, live data from HOMES (Housing Operations Management System), Web pages from installation and Residential Communities Initiative Partner Web sites and content from existing customer service kiosks to deliver a uniform, easy-to-navigate, user-friendly format to provide Soldiers and their families with a world class system for obtaining housing information, AHOS officials said.

This is a tool created specifically to assist the Army family. It is the place everyone needs to start

when looking for housing information and or services, McMullan said.

"Our goal is to make it much easier to find comprehensive Army Housing and related information from a single site for whatever location they are assigned to or are considering for assignment," stated John Neger, director of facilities and housing.

McMullan said it doesn't matter whether an installation is privatizing, the Web site is the place for Soldiers and family members to go no matter where they are headed.

"AHOS includes a standard of housing-related topics that include a wealth of information for each and every installation, privatized or not," she said. "RCI partner

Web content is integrated when available to replace older installation Web pages for housing."

Other updates to the site since its existence in October 2003 include "Virtual Reality Tours" for featured family housing, online housing applications for installations that accept them and more specific local area information about schools, churches and spouse employment opportunities.

"If what you need isn't there, send an e-mail to the AHOS Web master and appropriate action will be taken," McMullan said. HQ (Headquarters) Army Housing is committed to providing a top quality, standard level of customer service to each and every Soldier, no matter what installation."

Marriage and military life

Plan family finances for emergencies, deployments

By Gene-Thomas Gomulka
Retired Navy Chaplain

Dear Gene-Thomas,

My husband and I developed a budget that seems to work, but I still think we can do a better job in planning for the future. Any recommendations?

— Kim

Dear Kim,

While some couples are very financially astute, others live from payday to payday without saving or investing money for the future.

What's wrong with this?

You only have so many good

working years to save enough to support you in your retirement years — much less your other repeating goals such as replacing worn out cars, broken hot water heaters or even paying for your children's education. Working as a team, you can make it happen, but plan ahead.



Gene-Thomas Gomulka

When an emergency arises, some couples are forced to take out a loan and later find themselves having to deal with high interest charges. Rather than being placed in this predicament, it's better to invest a portion of your monthly income in a wise and profitable manner.

First, couples must be able to not spend more money than they actually make.

Ralph Nelson, a noted military financial advisor whose works are available at www.savvyonweb.com, states that common sources of financial problems amongst military couples include mismanage-

ment of credit cards and making major purchases based solely on the advice of a salesman.

Also, military family counselors point out that too many couples fail to understand how "compound interest" charges from borrowing can significantly increase the cost of items.

For example, a piece of furniture that could have been purchased for \$500 in cash may end up costing \$2,000 as a result of using a firm's financing plan with compound interest charges often written in fine print.

Second, once they start savings, how should they invest it?

While couples are free to invest in individual stocks and bonds, many invest in mutual funds.

When investing in mutual funds, it's important to avoid mutual fund companies that charge a fee called a "load." A load is nothing more than a commission paid to the salesman who advises you to buy the funds — a possible conflict of interest because the salesman is paid based on how much you invest in the mutual fund.

Nelson recommends that military couples visit the Mutual Fund Education Alliance Web site at www.mfea.com where they can find a list of good no-load mutual

fund companies.

In addition to a number of civilian organizations, various command support agencies and the military relief agencies offer budgeting and financial management classes that can prove very informative. By attending such classes together, you can develop a joint vision about how much you want to spend and how you may wish to invest your money for a better tomorrow.

Gene-Thomas Gomulka is a retired Navy chaplain. If you have a question, send it via e-mail to letters@plaintec.net.

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POST SERVICE DIRECTORY



Thrive

continued from page 13

Sleeping Single in a Double Bed – to help women cope with the topic of sexual needs and loneliness issues. The discussion will deal honestly with the real temptation of adultery and discuss ways to keep romance alive with the deployed husband.

Don't Blow It – to help women deal with the challenges that come with handling the family finances during a deployment. Participants will hear some wise, common sense advice about spending and saving, with an emphasis on pitfalls to avoid.

Coping with Kids 0-10 (elective) – to help young moms realize what their young children need most during the days that their daddies are away, including structure, boundaries, routines, rituals, healthy food, good sleep and lots of hugs and kisses.

Coping with Kids 11-18 (elective) – to help women with older

children to better understand the needs and feelings of their pre-adolescents and teens during the upheaval of deployment. Discussion will cover developmental issues, mutual respect, healthy communication, responsibility and appropriate limits.

Look Up (elective) – to help women to know that there is an ultimate source for every need that they have and to show them how they can really find Him and allow Him to be their strength, comfort and help.

The first three topics will be presented in a large group setting with women seated at round tables of eight to 10 people. The last three topics are electives held simultaneously with participants choosing one of the three to attend.

For more information on THRIVE, call Renee Teetsel at 784-4480 or send her e-mail at teetsel@charter.net.



Post/Baker

After two months of working in the cold dark Custer House this winter, Kelly Bower, right, and Shanna Calvasina have fun showing the results of their labor.

House

continued from page 13

Bower and Calvasina volunteered to take on the project, neither had any special knowledge of interior design.

With a \$2,000 grant, the novice decorators began searching for supplies. With the assistance of the community, they were able to renovate the Custer House living room, dining room and "buffalo room" without going over their grant allowance, Calvasina said.

"A lot of local supply stores gave us donations and discounts on things such as paint, hardware and crafts," Calvasina said.

Bower said many people have become interested in decorating because of decorating shows on television. Calvasina, who admitted to being less creative than Bower, said she didn't have a strong interest in decorating but was excited about being with Bower and watching her decorate.

"We didn't want to go overboard with accessories; we just wanted to make the home warmer. We used a lot of things that were already in the house but were sitting up stairs," Bower said.

Upstairs they discovered new

rugs, chairs and leather-bound books that added an antique look to the downstairs.

"The living room used to be very plain. The furniture was all pushed back against the walls. We brought it in closer and centered it around the fireplace," Bower said. "The 'buffalo room' was completely empty," she added.

Few decorations adorned the living room walls, and the light fixtures were placed in a way that made the 12-foot ceiling appear even higher. Photographic reproductions and lowering the light fixture made the room seem better, Bower said.

Bower and Calvasina are now repainting the kitchen's white plaster walls in Granny Smith Apple Green, Golden Yellow and Delicious Red colors to reflect HASFR's Apple Day projects.

Custer House was originally built as a two-family duplex for about \$3,000, Bower said. HASFR and the Cavalry Museum use the home for meetings and as a place to display additional historical pieces and reproductions from the early Fort Riley days.

Prayer

continued from page 13

again and has had more than 30 reconstructive surgeries.

He now shares his story and message of faith with others.

"The Birdwells are devout Christians who believed Brian was spared for the purpose of telling others about the Gospel. Together, they communicate a compelling message of hope, unwavering faith, undying patriotism and unconditional love," said Col. John Simpson, garrison commander, in his introduction speech.

Birdwell thanked the members of the Fort Riley community for their service to the nation.

"I pray that whatever suffering you've gone through or whatever suffering you may go through in service to our nation that the Lord will protect, confirm, strengthen and establish you as you serve our nation and serve the Lord," he said.

Bags

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double bags will be accommodated, but "we hope customers are interested in helping their commissary hold down costs," said Scott Simpson, chief operating officer for the Defense Commissary Agency. "We hope when they get to the register they'll say 'no to double bagging and 'yes, paper please' to their bagger."

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Travel & Fun in Kansas

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America's Warfighting Center

Friday, March 4, 2005

Leisuretime ideas

At the movies:

The Barlow Theater doors open at 6:30 p.m.
Tickets cost \$3.50 for adults and \$1.75 for children 11 and under. Children under age 5 are free except during children's matinees or expected sell-outs.

March 4, 6 – Hide and Seek (R)

March 5, 10 – Alone in the Dark (R)

March 11, 13 – The Wedding Date (PG-13)

March 12, 17 – Phantom of the Opera (PG-13)

March 18, 20 – Are We There Yet? (PG)

March 19 – 2 p.m., Pooh's Heffalump Movie (G)

March 19, 24 – Boogeyman (PG-13)

For more information, call 784-2226 or 784-2640.

Manhattan:

What: "Black Comedy" by Peter Shaffer. A fascinating, fast-paced comedy.

When: 8 p.m. March 4 and 5 and 2 p.m. March 6

Where: Gross Performance Hall, Manhattan Arts Center

Phone: (785) 537-4420

Admission: Varies

What: Dervish. From Northwest of Ireland, band has stood at the forefront of traditional Irish groups.

When: 3 p.m. March 6

Where: McCain Auditorium

Phone: (785) 532-6428

Admission: Varies

What: Exhibition by book artist Lynda Barry.

When: 10 a.m. to 5 p.m. Tuesday through Friday and 1 to 5 p.m. Saturday and Sunday, through April 30

Where: 701 Beach Lane, Beach Museum of Art

Phone: (785) 532-7718

Admission: Free

Salina:

What: Beehive. Delightful musical revue sings and dances its way through girl groups of the '50s, '60s and '70s.

When: Through March 6

Where: 303 E. Iron, Salina Community Theatre

Phone: (785) 827-6126 or toll free at (877) 414-2367

Admission: \$18-21

Emporia:

What: St. David's Concert and Tea. A celebration of Welsh heritage honoring the Patron Saint of Wales with a concert and traditional tea serving Bara Brith.

When: 2:30 p.m. March 6

Where: 1702 W. 15th Avenue, Westminster Presbyterian Church

Phone: (620) 256-6687 or toll free (800) 279-3730

Admission: Free

Wichita:

What: Wichita Symphony Orchestra classics concert with guest artist, cellist Mark

Kosower and Walton's Cello.

When: 8 p.m. March 5 and 3 p.m. March 6

Where: 225 W. Douglas, Century II Concert Hall

Phone: (316) 267-7658

Admission: \$13 to \$29

Topeka:

What: "Man of LaMancha." Topeka Civic Theatre performance.

When: Dinner at 6 p.m., show at 8 p.m. March 4 through April 2

Where: 3028 SW Eighth Avenue, Topeka Civic Theatre & Academy

Phone: (785) 357-5211

Admission: Show \$18; dinner \$16

Merriam:

What: Heartland Artist Exhibition. National juried art exhibition. Over 80 original watercolor, oils, and acrylics on display and for sale.

When: 8 a.m. to 9:30 p.m. Monday through Friday; 8 a.m. to 4 p.m. Saturday; 1 to 5 p.m. Sunday, March 5-27

Where: 5701 Merriam Drive

Phone: (913) 322-5550

Admission: Free

Kansas City:

What: Lithuanian Heritage Month exhibit. Exhibit of costumes, wood carvings, musical instruments, history and other items.

When: Saturday and Sunday noon to 5 p.m. March 7-29

Where: 720 N. Fourth St., Strawberry Hill Museum and Cultural Center

Phone: (913) 371-3264

Admission: \$5

What: Antique show and sale.

When: 10 a.m.-6 p.m. March 4-5; 11 a.m.-4 p.m. March 6

Where: 21st and Harper, Douglas County Fairgrounds

Phone: (785) 843-6219

Admission: Varies

What: Philadanco presents highly skilled dancers who emphasize innovative works by American choreographers, generating great audience appeal and winning unanimous critical praise.

When: 7:30 p.m. March 4

Where: 1600 Stewart Drive, Lied Center of Kansas

Phone: (785) 843-2787

Admission: Varies

What: Sternberg Museum of Natural History Special Exhibition, John Cody's Moths. Exquisite watercolors by The Audubon of Moths, and interactive science exhibits capture the beauty and biology of Cody's life-long passion.

When: 9 a.m. to 7 p.m. Tuesday through Saturday; 1 to 7 p.m. Sunday; through Aug. 21

Where: 3000 Sternberg Drive, Sternberg Museum

Phone: (785) 628-4286 or toll free (877) 332-1165

Admission: \$4-\$6

Funston bears WWII memories

By Robyn Haynes

K-State Intern

Fort Riley bears symbols left from the World War I training camp that once covered the east side of post.

Camp Funston offers visitors a piece of the post's history and heritage experienced by thousands of soldiers who completed basic training at the camp dedicated to a young Army general officer named Frederick Funston.

Funston earned a reputation for his roles in the Spanish-American and Philippine-American wars.

When he was a colonel of the 20th Kansas Volunteer Regiment, Funston received the Medal of Honor for action during the Philippine-American War. When he was promoted to brigadier general at the age of 35, Funston became a legend on the frontier.

Raised in Iola, Kan., Funston grew up in Iola, Kan. His adventuresome drive towered above his five-foot-four stature. Despite failing the U.S. Military Academy entrance exam and not meeting the academy's minimum height requirement, Funston was determined to be a Soldier and enlisted in the Army.

Funston never served at Fort Riley, but his courageous reputation earned a place for his name to be used on post for decades to come.

America's entry into World War I resulted in

many changes at Fort Riley. Facilities were greatly expanded and a training site named Camp Funston was built five miles east of the permanent post during the summer and fall of 1917. This training site was one of 16 across the country and could accommodate from 30,000 to 50,000 men.

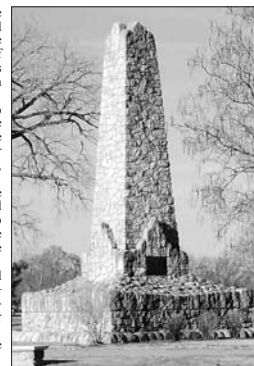
Soldiers living in the camp were trained to fight and win "the war to end all wars." People of that time thought World War I would be the last "Great War," not knowing that years later the United States would fight in another, greater war.

Maj. Gen. Leonard Wood commanded the camp. Cadre under Wood's command trained nearly 50,000 recruits from the Great Plains to fight in World War I. They became part of the 89th Division that deployed to France in the spring of 1918.

Today, visitors to Camp Funston - located east of Huebner Road near the Ogden gate - can see a stone monument memorializing thousands of Soldiers who spent years training for combat. The monument's inscription reads:

"To the men who trained at Funston for the Great War."

Just a few hundred yards west, across Huebner Road from Camp Funston, visitors can see the remains of Wood's home on the hill overlooking the camp. The house has crumbled, but the stone fireplace and foundation stands.



Post file photo
The Funston monument marks the area where much of the post's early war training took place.

Abilene theatre offers 2-for-1 deal

Staff report

Great Plains Theatre Festival in Abilene is offering two-for-one discounts to Soldiers, firefighters, emergency medical technicians and policemen on admission to "The Guys," playing March 4-13.

"The Guys," written by Anne Nelson, is based on a true story about a New York fire captain struggling with the loss of fellow firefighters in the wake of the 9/11 terrorist attacks on the World Trade Center.

Nick, the captain, is nearly mute with grief for his fallen friends and colleagues and turns to a stranger for help in composing eulogies for "The Guys."

Joan, another character in the play, is an editor who struggles to find a meaningful way to help mend this catastrophic rending of American life. Through the task of describing the men, Nick and Joan discover the healing power of celebrating ordinary, human lives.

Nick is played by the Great Plains Theatre Festival's artistic director, Richard Esvang. Joan is played by Salina resident Marcee Cosby.

"The Guys" was originally produced in New York City and starred Sigourney Weaver and Bill Murray.

If you go

The Great Plains Theatre Festival is housed in the Teijens Center for the Performing Arts, 300 N. Mulberry.

For tickets, call (888) 222-4574 or (785) 263-2903

Thursday, Friday and Saturday performances begin at 8 p.m. Sunday performances start at 2 p.m. Tuesday and Wednesday performances start at 7:30 p.m.



Post/Meek
Various items from the CGMGC's trip to the Inaugural Parade are now on display at the U.S. Cavalry Museum.

Museum exhibits parade mementos

By Austin Meek

Staff writer

The U.S. Cavalry Museum staff recently added memorabilia of the Commanding General's Mounted Color Guard's participation in the 2005 presidential inauguration to the museum's exhibits.

"There are pictures, documents, letters and programs" in the exhibit case, said Museum Director Bill McKale.

The exhibit also features a pair of horseshoes from Sheridan, the horse ridden by Sgt. 1st Class James Blecha in the inaugural parade.

Members of the color guard donated most of the items to the museum, McKale said.

Fort Riley sent nine riders to the inaugural parade that took place on Jan. 20.

Fort Riley's color guard was

one of 15 horse elements from across the nation to take part in the parade.

McKale said he plans to keep the Color Guard display up until May.

U.S. Cavalry Museum

The U.S. Cavalry Museum is open Monday through Saturday from 9 a.m. to 4:30 p.m. and Sunday from noon to 4:30 p.m.

The museum is looking for uniforms from Desert Storm/Desert Shield and Operation Iraqi Freedom to add to its collection. Any Soldier willing to donate a uniform can contact Bill McKale at 239-2737.

Park offers free admission

Anheuser-Busch Cos. Inc. announced its "Heroes Salute" to honor the U.S. Armed Services by offering free single-day admission to its SeaWorld and Busch Gardens parks to active duty military, active reservists, U.S. Coast Guard, National Guardsmen and as many as three direct dependents now through Dec. 31.

Members entitled to free admission under the program

must register online at www.herosalute.com or show a Department of Defense photo ID at the entrance plaza of participating parks.

Dependents may take advantage of the offer without their servicemember present, but an adult must accompany minor dependents.

For more information, visit www.anheuser-busch.com

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